



2011 Recognized Diabetes Prevention Program Sites in Minnesota

I CAN Prevent Diabetes and others*

I CAN Prevent Diabetes is coordinated through the Minnesota Diabetes Program at the Minnesota Department of Health. Visit www.icanpreventdiabetes.org or contact Rita.mays@state.mn.us

Provider	Group Schedule	Days and Times	Location	Cost per 16 wk	Contact Instructions		
METRO SITES							
YMCA of Metropolitan Minneapolis	Date	One hour classes	YMCA Locations:	Note: cost per year	www.ydpp.org		
YMCA of Greater St. Paul	1/5/2012	Thurs 6-7 pm	Ridgedale YMCA	\$0*Medica \$249 mbr/ \$320 non-mbr	Sheryl Grover Diabetes Prevention Specialist 612-465-0545		
*Y-DPP	1/9/2012	Mon 6:00–7:00 pm	Linden Hills Co-op	Financial aid available.	Sheryl.Grover@ymcatwincities.org		
	1/9/2012	Mon 5:30-6:30	Woodbury City Park	<i>Contracted to offer to SagePlus participants</i>	<i>*Medica insurance – Participating plans offer registration free of charge.</i>		
	1/23/2012	Mon 4:30-5:30	Hennepin County Medical Center				
	1/31/2012	Tues 5:30-6:30 pm	Andover YMCA				
	2/7/2012	Tues 5:30-6:30 pm	Northwest – New Hope YMCA				
	2/13/2012	Mon 6:00-7:00 pm	Mississippi Market Co-op				
	3/12/2012	Mon 5:30-6:30 pm	Regina Medical Center				
							Note: If you would like a class added at a YMCA near you, please call: 612-465-0545. Provide your name, branch preference and phone number.
YDPP Maintenance Classes	DAY	TIME	LOCATION				
For graduates of the 16 week core program	2 nd Thur each month	6:00-7:00pm	Ridgedale-Minnetonka				
	2nd Wed each month	6:00-7:00p.m.	MN Valley –Burnsville				
	2 nd Wed each month	2:00-3:00pm	Hiawatha-4100 28 th Ave.				
<u>Maintenance Meets</u>	1 st Weds each month	Noon-1:00pm	United Health Employees Only				
<u>MONTHLY</u>	2 nd Mon each month	6:00-7:00pm	River Valley – Prior Lake				
	4 th Wed each month	6:30-7:30pm	Southeast-Woodbury				



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*Indian Health Board of Minneapolis. Special Diabetes program for Indians (SDPI):Diabetes Prevention Program	Determined on needs of participants	Determined on needs of participants	1315 East 24 th St Minneapolis	No cost. Services offered to any pre-diabetic Native American	Tammy Didion, RD, LD Health Disparities Supervisor 612-721-9816 theinicke@ihb-mpls.org
U of MN Extension Simply Good Eating Program	Feb 16 – June 14 2012	Thurs 5:30 – 7:00	UROC, 2001 Plymouth Ave. N, Minneapolis, MN 55411	No cost	Dawn Montgomery 612-596-2126 Montg032@umn.edu

NON-METRO SITES

Alexandria, MN Alexandria YMCA *Y-DPP	Contact for next session	To be determined	110 Karl Drive Alexandria, MN 56308	Cost: \$0* Medical/ \$170mbr/ \$195 non-mbr <i>Financial Aid available to those who qualify</i>	Kara Elwood Health and Wellness Director 320-834-9622 kelwood@alexandriaymca.com <i>*Medica insurance – Participating plans offer registration free of charge.</i>
Bagley, MN Clearwater Co Nursing Service	Offer 2 sessions per year.	To be determined	212 Main Ave. N Bagley	\$50	Donna Schroeder, RN, CDE 218-694-6581 donna.schroeder@co.clearwater.mn.us
Baudette, MN or Lakewood Health Center	Jan 2, - April 16 2012	Mon 6:30-8:00 pm	Lakewood Health Center 600 Main Ave. S. Baudette, MN 56623	\$80	Kathy Wehman 218-634-3433 kathywehman@catholichealth.net
Blue Earth United Hospital District Clinics	Contact for next session	To be determined	UHD Clinics Classroom 515 South Moore St. Blue Earth, MN 56013	\$80	Darlene Turner, CNP, CDE & Stacie Hassing, RD 507-526-7388 dturner@uhd.org



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Brainerd, MN Essentia Health	January 2012 – Contact for next session Maintenance: Nov 15- Jan 17	To be determined Tues 8:30- 9:30 am	Brainerd Clinic Meeting Room A 2024 South Sixth Brainerd, MN	\$40.00 \$160	Danette Holznagel, RN, CDE Program Coordinator 218-828-7412 Danette.Holznagel@brainerdlakeshealth.org
Crosby, MN Cuyuna Regional Medical Center	Jan 12 – May 2012	Thurs 5 – 6 pm	Cuyuna Regional Medical Center 320 East Main St. Crosby, MN 56441	\$75	Tami Froidcoeur 218-546-2378 tfroidcoeur@cuyunamed.org
Grand Forks, ND East Grand Forks, MN WelCore Health and YMCA	Oct 6 – Feb 2 2012 Contact for next session	Thurs 5:30– 6:30 pm	YMCA 215 N. 7 th St. Grand Forks, ND	\$189member/\$ 219 (non- YMCA member)	Molly Soeby, WelCore Health 701-746-5359 or Molly.soeby@gmail.com
Marshall, MN Avera Regional Medical Ctr, Diabetes Education Center	Contact for next session	Thurs 12– 1:00 pm	Library, Rm 304 300 S Bruce St Marshall, MN 56258	No cost	Deb Hokanson, MS, RD, CDE 507 537-9111 Deb.Hokanson@avera.org
Moorhead, MN and Detroit Lakes	Oct 11 – Feb 2012 Oct 10 – Feb 2012 Contact for next session	Tues 2 – 3 pm Mon 6-7 pm	Moorhead – Contact Sara for location Lincoln Education Center	No cost	Sara Van Offelen Simply Good Eating Supervisor Regional Office Moorhead 218-236-2007 vanof001@umn.edu
Roseau Area Diabetes Center, Altru Clinic Roseau	Jan 23 – May 7 2012	Mon 6 – 7pm	Life Care Medical Center, Delmore Room Roseau, MN	\$80	Karleen Thompson 218-463-1365 kthompson@altru.org



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St. Cloud, MN St. Cloud YMCA I CAN Prevent Diabetes	Oct 13 – Feb 2, 2012 Contact for next session	Mon 6:30-7:30 pm Thur 6:30-7:30pm	1530 Northway Drive St. Cloud, MN 56303	\$160 member / \$180 non-member	Chad Johnson Wellness Director 320-253-2664 chadj@scymca.org
River's Edge Hospital & Clinic Campus St. Peter, MN	Feb. 7 – May 5, 2012	Tues, 6-7 pm	Helen White Conference Center 1900 Sunrise Dr.	\$60	Jennifer Donkin 507-934-7694 jdonkin@riversedgehealth.org
Willmar, MN Kandiyohi County Area Family YMCA *Y-DPP	Contact for next session	To be determined	1000 Lakeland Dr SE Willmar, MN 56021	\$0* Medica/ \$120 mbr /\$160 non-member. \$20 (extra fee) for "partner" Financial aid available.	Christy Marthaller 320-222-9622 christym@kandiyymca.org <i>*Medica insurance-Participating plans offer registration free of charge</i>